



THERAPIES

The philosophy of Jiva Spa is inherently rooted in India's ancient approach to wellness. Inspired by traditional Indian healing wisdom, we believe that a spa unfolds a holistic path of life that opens out channels to nurture one's life force.

The ethos of our carefully recreated treatments is drawn on the rich and ancient wellness heritage of India, the fabled lifestyle and culture of Indian royalty and the healing therapies that embrace Indian spirituality. Our spa experiences are offered by trained experts, using exclusive natural products in a fresh and harmonious design setting.

With Jiva Spa, you undertake the journey within, through an array of enlivening holistic treatments, meaningful rituals and ceremonies for a truly calming experience.

Drawing on the fabled lifestyle and culture of Indian royalty through the centuries, along with 6000 year old Eastern wellness philosophies devised to align body, soul and mind, Jiva Spa is a special space that encapsulates the 'science of longevity' with the wisdom of the ages behind its offerings.

INDIAN THERAPY MESSAGES

Pehlwan Malish (Warrior Massage) 90 Minutes	1250
This deep tissue massage relieves aching, sore and tense muscles and includes stretching.	
Ventoz (Indian Cupping) 90 Minutes	1200
By creating vacuum suction with the cups we ease knots and sore points of the body. This cupping technique is combined with a leisurely deep massage.	
Indian Aromatherapy Massage 60/90 Minutes	800/1200
In this traditional full body massage our essential signature oils are absorbed through the skin, circulating their relaxing and therapeutic properties through your body.	
Pada Mardana (Indian Foot Massage) 45/60 Minutes	400/600
A sublime massage treatment performed on the soles of your feet to create a profoundly relaxing massage.	
Champi (Indian Head Massage) 30/45 Minutes	400/600
This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation.	
Relaxing Back, Neck and Shoulders Massage 45 Minutes	600
Focusing on the areas that accumulates the highest strain in our bodies we gently induce relaxation by applying gentle pressure to dissipate the tension accumulated in our daily lives	

All prices are quoted per person unless specified.

FACIALS

Jiva Signature Facial 90 Minutes Your treatment starts with a relaxing back massage followed by a classic Jiva Facial tailored to suit your skin.	900
Champak Facial 60 Minutes For normal / sensitive skin	650
Jamarosa Root Facial 60 Minutes For oily / acne prone skin	650
Tulsi Facial 60 Minutes For dry / dehydrated skin	650
Neem Facial 60 Minutes For Gentlemen	650
Spa Energizing Facial 30 Minutes A quick but effective introductory facial	400

BEAUTY

Pada Snana (Spa Pedicure) 75 Minutes The ultimate extravagance for weary soles.	425
Hast Snana (Spa Manicure) 60 Minutes Revive and deeply moisturizes your hands.	375

SIGNATURE RITUALS

Cape Fynbos (Uplifting) 120 Minutes Initiate your journey with a scrub and wrap and end your treatment off with a full body massage.	1600
Trupti (Contentment) 120 Minutes This experience begins with our Indian head massage to relax and improve circulation, followed by a back and Indian foot massage.	1600
Vishrama (Deep Muscular) 120 Minutes An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles combined with a deep massage.	1600

All prices are quoted per person unless specified.

SIGNATURE RITUALS CONTINUED

Sushupti (Deep Relaxation) 120 Minutes **1600**
Pamper yourself with a scrub and wrap and rinse your cares away with warm milk. Finish off with a relaxation massage.

Vishuddi (Detoxifying) 120 Minutes **1600**
Exfoliation is performed using silk gloves followed by a traditional Indian herb wrap. Ending off with a lymphatic drainage massage (light pressure).

SPA INDULGENCES

Sukha (Half Day Package) 3 Hours **2400**
 Scrub and wrap of your choice
 90 min Indian powerful oil massage Pehlwan Malish
 30 min Spa Energising Facial

Somä (Couples Package) 2 Hours **2300**
A romantic couples massage followed by a rose petal bath together and some exclusive time alone with fresh fruit and a bottle of champagne.

Threading & Hair Removal Services on request

BODY RITUALS

Scrub 30 Minutes **375**
Body Wrap 45 Minutes **500**
Scrub & Wrap 75 Minutes **800**

- Vishuddi (Detoxifying)**
- Posha (Nourishing)**
- Aksha (Relaxing)**

All prices are quoted per person unless specified.

SPA INFORMATION

Spa Facilities

Four generously sized single massage suites, a double massage suite with a soak tub, two suites dedicated to beauty treatments, a relaxation room, a unisex Fitness Centre and separate changing areas for men and women with lockers, change and shower facilities. Our wet area encompasses a heated indoor pool, jacuzzi, sauna and hammam. We provide robes, towels, slippers and personal amenities.

Timings

The Spa is open daily from 8am to 8pm.

Reservation & Treatments

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

Most treatments include a five minute pre-therapy and post-therapy ritual.

Valuables

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the safe located in your room.

Cancellation

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a “No Show” without any prior cancellation as specified above.

Entire charge will also be levied for cancellation of a 30 minute treatment.

SPA INFORMATION (CONTINUED)

Spa Etiquette

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa wet area facilities.
- Jiva Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- Appropriate swim wear is to be worn in the wet areas. Underwear / disposable underwear (which is provided by the spa), must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.

Special Considerations

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds / oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions or who have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to Jiva is at guests' own risk and although strict policies and procedures are implemented to maximise safety, Jiva, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and / or undergoing spa treatments.

JIVA
SPA

TAJ
CAPE TOWN
SOUTH AFRICA

Summer Specials

Dive into our refreshing Summer Specials at JIVA SPA at Taj Hotel Cape Town.

Relaxing Summer (90min)

Indian Aromatherapy Massage
Pada Mardana (Indian Foot Massage)
or
Champi (Indian Head Massage)

R995 per person
(Valued at R1200)

[CLICK TO BOOK](#)

Complimentary Valet parking included.

Terms and conditions apply. This offer valid from 1st December to 29th February 2020, except from 20th December to 6th January 2020. Based on availability. Pre Booking is essential. Not valid on Public Holidays.

TO BOOK +27 21 819 2028 jivaspa.capetown@tajhotels.com

[f](#) [t](#) [i](#) /tajcapetown



Dive into our refreshing Summer Specials at JIVA SPA at Taj Hotel Cape Town.

Beautiful Summer (2h)

Indian Aromatherapy Massage (60min)
Classic Spa Pedicure (60min)
Complimentary Body Product
(Body Butter / Scrub / Soak)

R1225 per person
(Valued at R1415)

[CLICK TO BOOK](#)

Complimentary Valet parking included.

Terms and conditions apply. This offer valid from 1st December to 29th February 2020, except from 20th December to 6th January 2020. Based on availability. Pre Booking is essential. Not valid on Public Holidays.

TO BOOK +27 21 819 2028 jivaspa.capetown@tajhotels.com

[f](#) [t](#) [i](#) /tajcapetown